



**15 PAGES OF
POSITIVE
AFFIRMATIONS
TO BRING YOU JOY & HAPPINESS**



THE PRAGMATIC PARENT
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ONLY I
CAN GIVE MY
CHILDREN
A HAPPY MOM



I AM DOING AN
AMAZING JOB

I WILL GIVE MYSELF
**PERMISSION TO
SLOW DOWN**

I AM STRONG
AND BEAUTIFUL

I'M DOING THE BEST I CAN
AND IT IS ENOUGH

I CAN'T DO IT ALL
MYSELF
AND IT'S OK TO
LEAN ON OTHERS



I WILL THINK HAPPY
TO BE HAPPY

I'M EXACTLY WHAT
MY CHILD WANTS
& NEEDS

I DESERVE TIME TO DO
THE THINGS I LOVE

MY CHILDREN THINK
I'M BEAUTIFUL

I WILL LET GO OF
MY HANG-UPS
& **TRUST IN THE**
UNIVERSE
TO GUIDE ME



I WILL BE BETTER TODAY
THAN I WAS
YESTERDAY

PARENTING IS ALL
ABOUT THE
LONG GAME

I AM GRATEFUL FOR ALL
THE ABUNDANCE
IN MY LIFE

MY BODY
IS BEAUTIFUL

TODAY I WILL BE
**PRESENT WITH
MY CHILDREN
& INTENTIONAL
WITH MY TIME**



I AM CAPABLE OF
INCREDIBLE THINGS

TODAY, I WILL SEE
THE BEST IN MY CHILD

BEING A MOTHER REQUIRES
**COURAGE & TODAY
I WILL BE BRAVE**

I WILL HUG MY KIDS
**& TELL THEM I LOVE
THEM ALL DAY LONG**

**MY CHILDREN DO NOT
NEED MORE
MATERIALIST
THINGS.
THEY NEED MY TIME
& ATTENTION**



**THERE'S A GOOD CHANCE
I'M A WONDERFUL
MOTHER**

**GOOD THINGS
ARE GOING
TO HAPPEN**

**I AM EXACTLY WHAT
MY CHILD NEEDS**

**THIS MOMENT WILL
NOT LAST FOREVER**

EVEN WHEN I DON'T
LOVE
MOTHERHOOD
I'M STILL A
GOOD MOM



IT'S UP TO ME TO REMAIN
CALM & PATIENT

I AM GRATEFUL
TO BE A MOM

IT'S OK TO SPEND
TIME BY MYSELF
TO RECHARGE

STRIVE FOR PROGRESS,
NOT PERFECTION

EVEN IF I DO
NOTHING TODAY
TELLING MY
CHILDREN I
LOVE THEM
IS ENOUGH



I WILL LAUGH & PLAY
WITH MY
CHILDREN TODAY

IT IS OK TO
ASK FOR HELP

I AM ALLOWED
COMPASSION IN
THIS MOMENT

I AM EXACTLY WHAT
MY FAMILY NEEDS

I AM STRONG ENOUGH
TO LET MY
CHILDREN
LEARN & GROW
AS THEY ARE
INTENDED TO BE



EVERY DAY IS A
FRESH START

I LOVE THE WAY
MY LIFE IS UNFOLDING

I TRUST MY INTUITION
**TO GUIDE ME IN THE
RIGHT DIRECTION**

I AM A STRONG, BRILLIANT
& **BEAUTIFUL WOMAN**

IT'S OK TO DO
NOTHING AT ALL
TODAY BUT
LOVE AND HUG MY
CHILDREN



WHEN EVERYTHING
FEELS HARD,
I WILL REMEMBER
THAT THIS SHALL PASS

MY CHILDREN SEE THE BEST
IN ME AND I WILL TOO

I AM FULL OF
PEACE AND LOVE

I RESPECT MYSELF AND I
RESPECT MY
CHILDREN

MY CHILDREN LEARN
**MORE FROM THE
EXAMPLE I SET
THAN THE
ADVICE I GIVE**



I DESERVE TO BE HEALTHY
AND FEEL GOOD

GOOD THINGS
GOING TO HAPPEN

IN THE EYES OF MY CHILD
I AM A GOOD MOM

I SPREAD LOVE & JOY
TO MY CHILDREN

EVEN THOUGH I
FEEL
OVERWHELMED
I CAN STILL DO THIS



MY LOVE IS
ABUNDANT

I AM PERFECTLY
IMPERFECT

I HAVE MANAGED THIS
BEFORE AND I WILL
DO IT AGAIN

I CHOSE MY OWN PATH
& DON'T NEED TO
FOLLOW OTHERS

MY CHILDREN
DON'T SEE THE
FLAWS I GET
HUNG UP ON
THEY THINK I'M
AMAZING



LET GO OF EXPECTATIONS
& GO WITH THE FLOW

GRATITUDE & HUMOR
MAKE EVERYTHING
BETTER

I CAN FEEL LOVE & LIGHT
ALL AROUND ME

NO MOM IS PERFECT,
I AM GOOD ENOUGH

WHEN I FEEL
LIKE QUITTING
I'LL THINK OF ALL
THE THINGS I'M
GRATEFUL FOR



I AM FULL OF ENERGY
AND OVERFLOWING
WITH JOY

I SPREAD LOVE & JOY
TO MY CHILDREN

BEING A PARENT
IS A LIFELONG
LEARNING PROCESS

A STRONG PERSON WILL
ALWAYS APOLOGIZE

LIFE HAS A FUNNY WAY
OF WORKING
OUT JUST WHEN
YOU THINK
IT NEVER WILL



LIFE IS A PROCESS OF
**BECOMING THE BEST
VERSION OF YOURSELF**

I AM AN
INCREDIBLE WOMAN

EVERYTHING IN MY LIFE IS
**THE WAY IT'S
SUPPOSED TO BE**

I'M GOING TO BE
AWESOME TODAY

MY CHILDREN
WILL NOT
**REMEMBER THE
TOYS THEY HAD,
BUT THE TIME I
SPENT WITH THEM**



I WILL PAUSE
BEFORE I REACT

I'M LEARNING TO BE A
**BETTER MOM
EVERY DAY**

TODAY IS MORE IMPORTANT
THAN YESTERDAY

EVERYTHING I DO SERVES
A BIGGER PURPOSE